WHAT CAN I EAT NOW?

While you are recovering from your surgery, good nutrition will be vitally important. Even though all food will need to be in liquid form, you can still enjoy mealtimes and promote healing by eating the proper nutrients. Remember to include every day: 4 servings of fruits and vegetables, 4 servings of milk and dairy products, 2 servings of meat/fish, and 4 servings of breads/cereals.

For the first two weeks or so after surgery, you may need to use a large syringe to eat your meals. For this time period, you may wish to buy a supply of Ensure Plus, Sustacal, or Meritene from your drugstore. These products are highly nutritious and will supply all the vitamins and minerals you need. Different flavorings may be added to them for variety.

You may find it easier and less tiring to eat six smaller meals every day rather than three large meals. Experiment to find out what works best for you.

When you are able to use a cup, you can expand your diet. Try the recipes given in this booklet, or make up your own using your favorite foods. You can supplement your meals with milkshakes and different juices, but do not use them for meals.

Vary the foods you eat; use seasonings to your taste; and let us know what new meals you come up with. We’ll pass along suggestions to other patients.
**Breakfast**

**Poached Eggs**
2 poached eggs  
1 cup warm milk  
Put into blender and mix well.

**Breakfast Frappe**
1 envelope Instant Breakfast  
8 oz milk  
Mix well. Add a scoop of ice cream if desired and blenderized.

**Cereal**
1 serving cooked oatmeal or other hot cereal  
½ cup hot milk  
Mix well.  
For variety, add fruit and blendarize.

**Quick Breakfast**
1 cup milk  
1 egg  
½ cup strained fruit  
Blendarize.

**Pancakes**
1 serving pancakes  
melted butter to taste  
warmed maple syrup  
hot milk to thin  
Blendarize.

**Bananapple Juice**
1 banana  
serving applesauce  
apple juice to thin  
Blendarize.

**Cranberry Cocktail**
1 serving cranberry juice  
1 scoop fruit sherbet  
Blendarize.

**Yogurt Shake**
8 oz flavored yogurt  
4-6 oz milk  
Blend well.

**Eggs and Hash Browns**
2 soft cooked eggs  
½ cup hash brown potatoes  
½ slice buttered toast (remove crusts)  
1 cup warm milk  
Put eggs, potatoes and toast into blender.  
Mix well. Add milk and blend until smooth.

**Hot Milk Toast and Eggs**
1 ½ cup milk  
2 eggs  
½ slice buttered toast (remove crusts)  
Heat milk. Add eggs and seasoning.  
Simmer of stove until eggs are cooked as desired.  
Put all ingredients into blender and blend well.  
For variety, add 2 tsp sugar or dash of nutmeg and cinnamon.
LUNCH

Macaroni and Cheese
1 serving cooked macaroni and cheese
hot milk as necessary
Blend until smooth adding hot milk as needed.

Hot Beef Sandwich
3 oz beef cut into small pieces
½ slice bread (remove crusts)
½ cup hot water
¾ cup gravy
Blendarize.

Peanut Butter Sandwich
1 slice bread (remove crusts)
1-2 Tbs creamy style peanut butter
6-8 oz milk
Make sandwich in usual fashion. Tear into small pieces, put into blender, add milk. Blend until smooth.

Hamburger
1 small cooked hamburger patty
½ slice bread (remove crusts)
1 cup beef bouillon
Put meat into blender, add bread and blend. Add rest of ingredients. Blend until smooth.

Shrimp Soup
1 cup milk
1 41/2 oz can broken shrimp, drained
½ Tbs flour
½ Tbs butter
dash of Tabasco sauce
Heat butter and flour in saucepan. Add remaining ingredients. Do not boil. Put into blender and blend until smooth.

Chicken Stew
The amounts for each ingredient in this recipe are really flexible. Use as much as you like.
Cubed cooked chicken
Chopped onions, carrots, potatoes and any other vegetable you like.
Chicken bouillon cube(s) dissolved in hot water.
Cooked rice.
Combine all ingredients except rice. Cook until tender. Add rice and blenderized. Add more water until consistency is right for you.

Most of the canned soups and stews can be diluted with water, milk or bouillon and blenderized as needed.
DINNER

Spaghetti
½ cup cooked spaghetti
½ cup spaghetti sauce
Seasonings if desired
Blenderize, thinning with hot water or tomato sauce if needed.

Meatloaf
1 serving meat loaf
1 serving mashed potatoes
1 serving carrots or other well cooked Vegetable
2 Tbs gravy
1 cup hot beef bouillon
Blenderize all ingredients.

Hamburger Steak
1 cooked hamburger patty
½ cup fried potatoes
1 cup hot onion soup
Blenderize meat and potatoes. Add soup. Blend until smooth.

Chili
1 serving chili con carne
Blenderize, thinning with hot water or tomato. This may be strained before eating.

Tuna Casserole
1 cup cooked tuna casserole
1 tsp lemon juice
1 cup hot milk
½ cup hot water
Blenderize all ingredients.

Turkey Dinner
1 serving turkey, cut into small pieces
½ cup stuffing
½ cup mashed vegetables
cup turkey gravy ¾ cup hot water or bouillon
Blenderize turkey, stuffing and vegetables. Add gravy and liquid. Blend until smooth.

SALADS

Macaroni Salad
1 cup macaroni salad
1 cup milk
Blenderize.

Potato Salad
1 cup potato salad
1 cup milk
Blenderize.

Cottage Cheese and Fruit
1 cup cottage cheese
½ cup canned fruit
½ cup fruit juice
Blenderize.

Jello Salad
Tbs Jello powder
1 cup boiling water
½ cup canned fruit, if desired
Put Jello into boiling water. Stir until dissolved. Blenderize all ingredients. Drink while warm.
**DRINKS**

**Quick Apple Drink**
1 glass apple juice  
1/3 cup applesauce  
2 Tbs maple syrup  
Place all ingredients in a glass. Stir to mix. Add more of any ingredient to taste.

**Orange-Crème Shake**
2-4 scoops orange sherbet  
1-2 cups milk  
½-1 cup orange juice  
1 egg  
Blenderize all ingredients. Add more sherbet or milk for proper consistency.

**Coffee Shake**
2-4 scoops coffee ice cream  
1-2 cups milk  
1-2 tsp coffee  
1 egg  
Blenderize all ingredients.
Variation: Add a pack of coffee Instant Breakfast.

**Ensure Frappe**
2-4 scoops ice cream  
1 egg  
½ banana  
1 can Ensure  
½-1 cup milk  
Blenderize.

**Berry-Berry Shake**
10 oz package frozen strawberries  
1 cup vanilla ice cream  
1 cup chocolate ice cream  
2/3 cup canned pitted cherries, drained  
¼ cup half & half  
1 Tbs honey  
1 tsp lemon juice  
2 drops vanilla extract  
Blenderize all ingredients until smooth.

**Raspberry-Crème Shake**
2-4 scoops raspberry sherbet  
1-2 cups milk  
¼-1/2 cup raspberry jam  
1 egg  
Blenderize all ingredients.

**Chocolate Shake**
2-4 scoops chocolate ice cream  
1-2 cups milk  
½-1-2 tsp cocoa mix or chocolate syrup  
Blenderize all ingredients.  
Variation: Add a pack of chocolate Instant Breakfast.

**Fruit Shake**
1 box Jello  
4-6 scoops sherbet  
1 cup gingerale  

**Fruit Cream Frappe**
1 cup diced pineapple  
2 Tbs sugar  
½ cup evaporated milk  
½ cup crushed ice  
Blenderize all ingredients except ice until smooth. Add ice and blend for 10 seconds longer.

**Banana Frosted**
1 cup milk  
1 scoop vanilla, chocolate or strawberry ice cream  
1 small banana  
Put milk and ice cream into blender, mix well. Remove cover, add banana and blend.
DESSERTS

**Apple Pie**
1 piece pie
6-8 oz milk or apple juice
Blenderize. Add a scoop of ice cream if desired. Try this with any flavor pie!

**Fruit Pudding**
1 serving vanilla pudding
2 pear halves (canned)
Blenderize adding pear juice to thin as needed.

**Jazzed-Up Applesauce**
1 serving applesauce, mixed with maple syrup or light molasses
1 scoop vanilla ice cream
Blenderize, thinning with apple juice or milk as needed.

**Pudding**
¾ cup soft pudding
1 cup milk
Blenderize.

**Cookies and Milk**
2 cookies (no nuts), any flavor
4-6 oz milk
Blenderize.